

NBA Draft Is Cranking Up

BY BARRY COOPER

Brace yourself, NBA fans. The annual, unofficial NBA pre-draft rumor mill has cranked up. Why, just the other day, a fellow writer from Phoenix, hot in pursuit of a story, breathlessly called to inquire as to whether a brand-new team in Orlando—the Magic—had been contacted about this deal: Suns forward Armon Gilliam to Orlando for the Magic's No. 1 pick in the draft.

Magic General Manager Pat Williams laughed at the suggestion. "It's all starting to happen now," he said. "Between now and the draft, we're going to hear all kinds of stories."

With the playoffs in high gear and the attention of basketball junkies fixed on the soles of Air Jordans, NBA GMs are able to quietly go about planning for the draft later this month. All has been quiet, but some rumblings are starting to be heard. In Sacramento, the Kings now reportedly are leaning toward taking Duke's Danny Ferry with the No. 1 pick, and that likely will create a domino effect that will enable the Miami Heat, who desperately need a scorer, to take Michigan's Glen Rice.

The Kings had been saying that they'd take Rice, a potential 20-point scorer who could have fairly immediate impact. But such statements by the Kings, made on national TV by managing general partner Greg Lukenbill, were either (a) lies, or (b) smokescreens engineered by Lukenbill and vice president Bill Russell.

Welcome to the wonderfully wacky world of NBA draft skulduggery, where a premium often is placed on deception. As we count down the days

to the draft on June 27, you can expect more curve balls and sucker punches from GMs. Teams will have over their draft plans, oftentimes releasing information only when it is in their best interest. For example, Charlotte Hornets' vice president Carl Sheer, apparently in an effort to appease North Carolina Tar Heels fans, allowed it to be known that he had scheduled a meeting with UNC Coach Dean Smith to discuss forward J.R. Reid. By the way, it appears now that the Hornets, who sorely wanted Ferry but wound up with the No. 5 pick, will take Reid.

In the day or two before the draft, the signals being sent out by teams will become clearer and the order for at least the first dozen or so selections will be set. Some teams will even assist others by candidly telling of who they're planning to pick. But, as Williams says, "We reserve the right to change our minds." That means teams won't hesitate to toss one final changeup in hopes that the player they truly want will fall to their spot.

Indications are now that the Kings had planned all along to take Ferry if they wound up with the top choice. He would provide a potential replacement for forward Rodney McCray, whose skills are starting to decline.

If the Kings grab Ferry, the Clippers will take Sean Elliott—another blockbuster choice for them. Unquestionably, the Clippers are the most poorly run franchise in basketball, but the benefit they've gotten from all their screwups has been one high No. 1 pick after another. And now they have a stunning roster of young talent, players potentially so good that not even the Clippers' lax management will be able to keep the

team from winning.

Here's another player to keep your eye on—Vlade Divac. That last name is pronounced DEE-vosh, and chances are you'll have as much trouble pronouncing Divac's name as he will have difficulty pronouncing say, "McDonald's." That's because Divac doesn't speak English—not a word. But he is the best player in Yugoslavia, and he's 7'2". He's eligible for the draft and you can bet some team will snap him up in a hurry, even if they have to draft a translator, too.

CBS TV Offering "Dream Season" For Sports Fans

Neal Pilson, president, CBS Sports, called 1990 the "Dream Season" in remarks to the 35th annual conference of CBS Television Network Affiliates in Los Angeles June 4, noting that "Virtually every major sports event on American television will be seen and enjoyed only on CBS stations."

The acquisition of major league baseball to join the other major sports events on the network schedule plus the 1992 Winter Olympics at Albertville, France, "is an exciting and fulfilling reaffirmation of our network-affiliate partnership."

In 1990, he pointed out, the World Series, both league championship series, and the All-Star Game will move to CBS, joining "dramatic, visual and enduring sports properties" like the National Football League and the Super Bowl, the National Basketball Association, the NCAA basketball championship, college football, the Masters and PGA Tour golf, the U.S. Open Tennis Championships, the World Figure Skating Championships and the Daytona 500.

"During the last decade," he added, "these events have retained their value—indeed, enhanced their value—during a period of eroding network shares." With the addition of baseball, he said, CBS Sports has achieved "the undisputed leadership role in sports television."

Pilson thanked the affiliates "for all the support and enthusiasm you have extended in helping us reach this milestone. No other network in the history of our medium has ever presented to its affiliates, its advertisers and its viewers so complete and so compelling a schedule of sports properties."

Hornets Take On Cheyney State In Wilmington Game

DOVER, Del.—For the first time in 41 years, Delaware State will play a football game in the city of Wilmington. The Hornets will compete against Cheyney State (Pa.) University on Sept. 2 at 2 p.m. at Wilmington, Del.'s Baynard Stadium in the first-ever "Wilmington Classic." In 1948, Delaware State College played Howard at Wilmington's former Blue Rock Stadium.

The game, being made possible due to the cooperation of the Wilmington Parks and Recreation Department, is hoped to become an annual event in Delaware's largest city. Wilmington Mayor Dan Frawley says the classic could feature different teams coming in to play Delaware State each year.

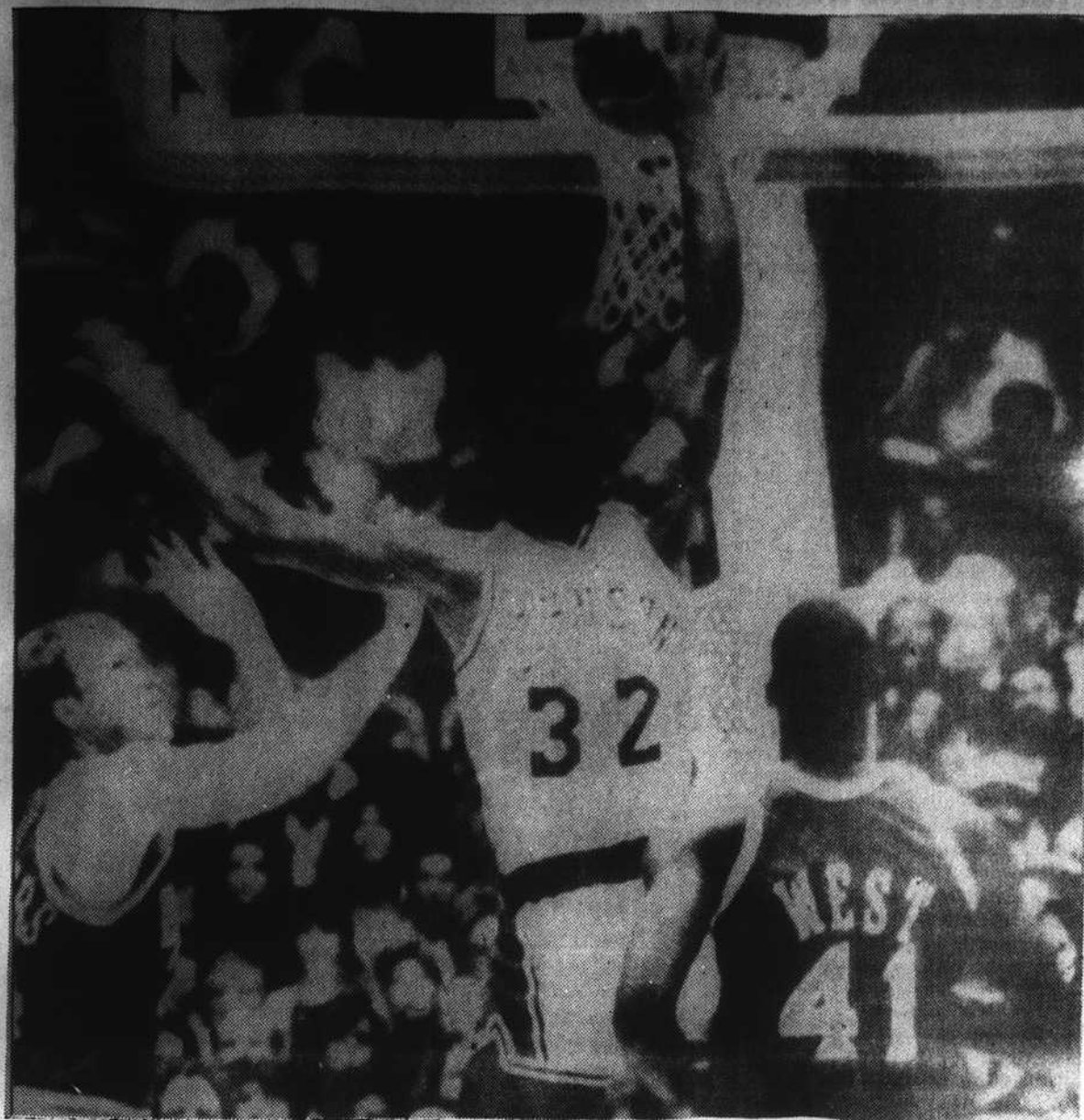
DelState President William B. DeLauder stated that he would like for the Wilmington Classic to become an annual occurrence. He feels that this sporting event would be a great recruitment device in the Wilmington area for Delaware State.

This year's contest will feature old rivals who have not met on the football field since 1956 when Delaware State defeated Cheyney 27-0. In the overall series Delaware State holds a 4-1 edge with Cheyney's only win coming in 1951. The contest will also mark the first college football game to be played in Wilmington since Maryland State played South Carolina State in 1975.

Basketball Standouts Recognized At Banquet

DOVER, Del.—Basketball standouts Barbara Burgess and Tom Davis were recently named as the Delaware State College female and male athletes of the year, respectively. The awards were the result of balloting by DSC head coaches in all sports and were announced during the college's annual Athletic Awards Banquet.

This marks the second straight year that Burgess has won the coveted award. Burgess, a senior, was also named to the Black College sports Eastern Athletic Conference squad for the third straight year after averaging 17.1 points and 8.4 rebounds per game during the 1988-89 season. She was also named to the MEAC's All-Tournament Team after leading the Lady Hornets to two



SLAM DUNK—Earvin "Magic" Johnson slam dunks West, right, in route to clinching the NBA Western Conference championship between Phoenix defenders Tom Chambers, left, and Mark West, right.

N. C. Urban Fishing Pleasures Aided By New Wildlife Project

North Carolinians who opt for city life won't have to give up the rural pleasure of fishing under the N.C. Wildlife Resources Commission's new urban fishing program.

In a pilot project to look at costs and benefits of urban fishing, the Commission and the Greensboro Parks and Recreation Department will open Oka T. Hester Lake in Greensboro on June 10 for fishing. Fisheries biologists will stock channel catfish in the 12-acre lake on June 9, and will continue stocking 1,500 channel catfish monthly through September. The fish stocked will be about 10 inches long and weigh about one-half pound—a catchable size.

A fishing contest for children and adults is scheduled for June 10 from 7-10 a.m. Prizes will be awarded in both categories for the largest fish caught. A grand opening ceremony will be held with the Greensboro Parks and Recreation Department and local dignitaries following the contest. The grand opening was during National Fishing Week, June 5-11. During this time each year, states and environmental agencies place special emphasis on the fun and wholesomeness of the sport of fishing.

"This project is important to the state because North Carolina is becoming more urbanized," said Fred Harris, chief of the commission's Boating and Inland Fisheries Division. "It provides fishing experiences for people who

don't have the opportunities or means to fish elsewhere or for those who don't want to drive a long distance to find a pond or lake."

The urban fishing program will especially benefit children, senior citizens and handicapped citizens. The Hester Lake project features three piers, one of which is accessible to the handicapped. The urban project was designed primarily to provide better bank fishing.

"This demonstration project will show what can be done, and if it's successful, we'll take it to other cities such as Raleigh and Charlotte," Harris said.

Sedentary Lifestyle Aids Heart Disease

BY BENJAMIN REED AND ROBERT G. MCMURRAY, Ph.D.

The American Heart Association has estimated that one out of every five Americans will suffer some form of cardiovascular disease during his or her lifetime. One factor related to cardiovascular disease risk is a sedentary lifestyle. Partly due to this association, many Americans are now participating in exercise programs. Unfortunately, it's sometimes confusing as to which form of exercise is most beneficial.

Many clubs and organizations direct their members to weightlifting

The Hester Park lake is managed for fishing by the City of Greensboro through an agreement with the commission.

In addition to the Hester Lake opening, the Wildlife Commission will hold open house at its Pisgah Forest, Armstrong, Table Rock and Fayetteville fish hatcheries. A CATCH clinic was held June 10 at the Fayetteville hatchery. Children ages 8-15 learned how to identify fish and cast, and will fish in hatchery ponds.

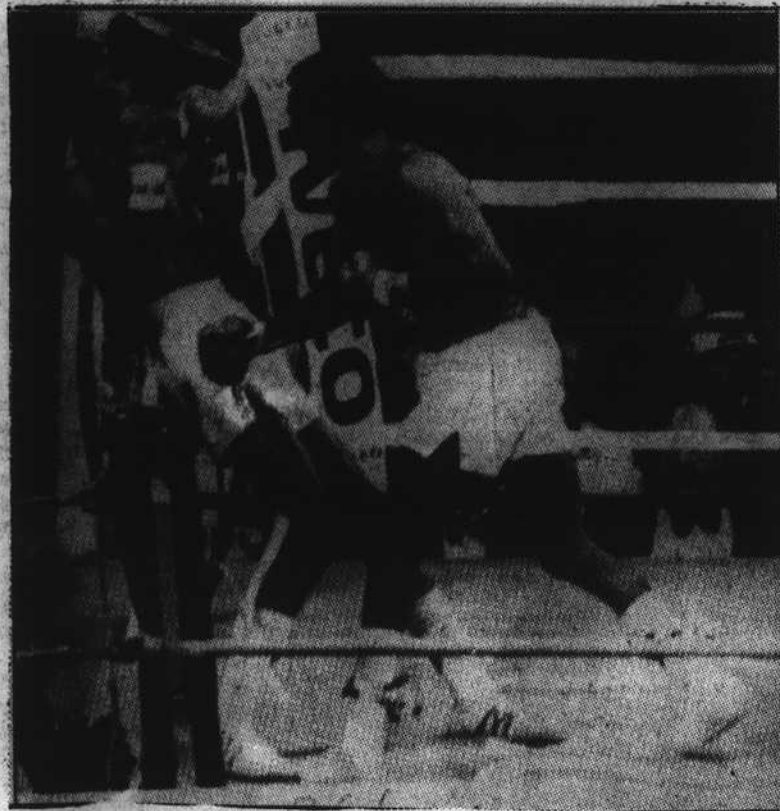
Commission biologists also will stock the Swannanoa River east of Asheville with trout for a special fishing day on June 10.

(an anaerobic activity) while simultaneously minimizing aerobic exercise such as walking, swimming, jogging, or cycling. Weightlifting is the most efficient way to increase muscular strength, size, endurance and tone. However, repeated experimentation has shown that weightlifting has minimal effect on modifying the cardiovascular risk factors such as elevated blood cholesterol and blood pressure. In addition, weightlifting generally has less impact than aerobic exercise on weight loss.

Conversely, aerobic exercise, when performed regularly, can result in significant improvement in many of the cardiovascular disease risk factors. As little as 20-30 minutes of aerobic activity performed three times a week can lower blood pressure and body weight, as well as raise HDL cholesterol level, the form of cholesterol that is protective against heart disease. Aerobic activity can actually increase the amount of blood and oxygen available to heart.

Unfortunately, the benefits derive from each type of exercise (aerobic or anaerobic) are specific to the type of training. That is to say that although the gains of aerobic activity are beneficial, those engaging in purely aerobic exercises are not likely to realize much strength improvement. Likewise, those individuals performing only anaerobic activity, which will benefit the muscles, will not be significantly benefiting the heart and lungs.

So what form of exercise is best? It appears that the best overall exercise program consists of aerobic activity performed at least three times a week for 20-30 minutes supplemented by weight training at least twice a week. Moderate stretching during warmup and cooldown of each exercise session will also contribute to well-being. This type of program will result in significant improvements in heart and lung function and reduce heart disease risk factors, while simultaneously increasing strength and muscle tone. Alternating between aerobic and anaerobic activities will also reduce the risk of over-use injuries. If you are interested in starting such a program, contact the Governor's Council on Physical Fitness and Health for more information.



GOING DOWN FOR THE COUNT—Sugar Ray Lenard, right, and a punch to the head of Thomas Hearns, sending him to the canvas in route to a come-from-behind victory in their encounter. Hearns met Robinson on June 12 to get revenge toe-to-toe at Caesar's Palace.

Norfolk State Players Selected All-American

MONTGOMERY, Ala.—Norfolk State University's Melvin Wearing and Christopher Mitchell were named to the 1989 NCAA Division II All-American team selected by the American Baseball Coaches Association.

The 1989 team was announced at the College World Series which began the final eight playoffs for the NCAA Division II baseball championship.

Wearing and Mitchell, both juniors, led the NSU Spartans to the NCAA regionals this season, the second consecutive appearance for the Marty Miller-coached Spartans. Wearing, a first-team choice in the infield, and Mitchell, a second-team selection at second base, are NSU's first All-American selections since 1969 when Miller, who has been the head coach at NSU since 1973, was chosen.

Wearing, a resident of West Haven, Conn., led the Spartans in batting for the second straight year. His .454 mark following a .497 batting average in '88 included 17 homers and 64 RBIs this year. The 6'3", 240-pound first baseman set a new standard in career homers with 34, 30 of them in the last two seasons. Wearing's career RBIs also set a new NSU record.

Mitchell, a 5'10", 170-pounder from Cheriton, Va., hit .402 this year, including four homers and 40 RBIs. His all-around play, especially on defense, was a major factor in the Spartans' outstanding year. During the North Atlantic Regionals, in Slippery Rock, Pa., his play around second base drew raves from the opposing coaches and pro scouts as the Spartans turned five double plays in sparkling fashion, three of them in a tough 4-3, 11-inning loss to Shippenburg.

"Their selection is something that we [the university] are certainly proud of," Dick Price, NSU athletic

director, said. "It is a tribute to the efforts of Marty Miller, who has worked tirelessly to bring Spartan baseball the measure of respect it now has nationally."

When informed of the selection of Wearing and Mitchell as baseball All-Americans, Miller said proudly, "I'm happy to have two of the better players in the country receive All-American recognition... It could not have happened to two more deserving players. They played well all season and conducted themselves as true All-Americans both on and off the field."

"Melvin's talents are well known because he's played consistently well for two seasons, but Chris [Mitchell] proved that he's among the best in the collegiate ranks, and his selection to the All-American team confirms it," Miller added. "I think their selection is also an indication of the caliber of baseball program we now have here at Norfolk State and the recognition and esteem that our program now has among the baseball coaches in the country."

"I'm disappointed that Wilkerson [Washington] was not chosen," Miller said. "He certainly played well enough to earn the recognition. However, in looking at the pitchers selected, I believe that the number of innings pitched might have been a factor in his omission."

Wilkerson pitched a total of 60 innings and faced 260 batters. "All of the pitchers chosen pitched more innings," Miller pointed out. "I am reluctant to overpitch a player because I think it might not be wise in the long run."

The 1988 marriage rate was 9.7 per 1,000 population, down slightly from 9.9 in 1987, according to a report from the National Center for Health Statistics.